UNIVERSITY OF CALIFORNIA MATERIAL CONTROLL CONTR

Drug and Alcohol Abuse Prevention Program (DAAPP) Biennial Review 2023/2024



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Introduction

UC Merced is committed to providing a safe, healthy, and supportive learning and working environment for students and employees. The university takes seriously and understands its obligation to inform the campus community of available resources and support, as well as the educational, disciplinary, health, and legal consequences of abuse of alcohol and illegal drug use, for the benefit of the UC Merced community, and in compliance with relevant federal and state law. UC Merced's Drug and Alcohol Abuse Prevention Program (DAAPP) is intended to support student and employee health, safety and security by increasing awareness, preventing abuse, and decreasing potential drug and alcohol related crime.

This review is issued in accordance with the Drug Free Schools and Communities Act (DFSCA). On a biennial basis, UC Merced undertakes an internal review of its and drug and alcohol abuse prevention program to do the following:

- Determine the program's effectiveness and implement changes to the program if changes are needed.
- Determine the number of drug and alcohol-related violations and fatalities that:
 - Occur on the institution's campus or as part of any of the institution's activities; or
 - Are reported to campus officials.
- Determine the number and type of sanctions that are imposed by the institution as a result of drug and alcohol-related violations and fatalities on the institution's campus or as a part of any of the institution's activities; and
- Ensure that the sanctions are consistently enforced.

Throughout this review, "employees" refers to all campus faculty, staff, and student employees.

Departments Involved in the Biennial Review Process

- Student Affairs and Engagement Health Promotion, CARE, Student Rights and Responsibilities, Counseling and Psychological Services, Recreation and Athletics, Dean of Students, Residence Education, and Student Involvement.
- Human Resources Benefits, Leaves, and Accommodations
- Academic Personnel Office
- Ethics and Compliance Office
- Police Department

Related Policies and Laws

The unlawful or unauthorized possession, use, distribution, dispensation, sale or manufacture of controlled substances or alcohol is prohibited on University premises. Policies for keeping our campus

community and worksites free from the illegal use, possession, or distribution of alcohol and other drugs are posted online. Violating the University's policies may be grounds for discipline or corrective action, which may include required participation in a treatment program, with a maximum penalty of dismissal.

University Policies and Sanctions Relating to Drug and Alcohol Use

UC Guidance on use and possession of marijuana on UC property

The University of California prohibits the use, possession and sale of marijuana in any form on all University property, including University-owned and leased buildings, housing and parking lots. Marijuana is also not permitted at University events or while conducting University business.

UC Policy Against Substance Abuse

The UC recognizes dependency on alcohol and other drugs as a treatable condition and offers programs and services for University employees and students with substance dependency problems.

UC Policy on Controlled Substances

Defines roles and responsibilities for establishing and maintaining a controlled substances program.

UC Smoke and Tobacco Free Environment Policy

This policy and associated procedures are intended to provide a healthier, safer, and more productive work and learning environment for the entire UC community.

UC Merced Smoke and Tobacco Free Policy

UC Merced prohibits smoking, the use of tobacco products, and the use of unregulated nicotine products (e.g. e-cigarettes) in all facilities and on all university-owned and leased properties.

UC Merced Alcohol Sales & Service Procedures

The goal of these procedures is to ensure prudent and safe use of alcoholic beverages in compliance with State laws and UC policy.

University Policies for Students Only

<u>UC Merced Student Handbook: Policies Applying to Campus Activities, Organizations, and Students</u> (PACAOS)

- o 313.1 Serving Alcohol at a Campus Event
- 702.17 Unlawful Possession, Use or Distribution of Controlled Substances
- o 702.18 Possession, Use of Distribution of Alcohol in Violation of Policy
- Administration of Student Conduct: Policies, sanctions and appeals process

UC Merced Housing and Residence Education: Behavioral Policies

- BP 01 Alcohol: The university condones the responsible use of alcohol by those 21 or older; however, any student found misusing alcohol will be held accountable.
- BP 06 Drugs: The possession, use, manufacture, sale and/or in the presence of unlawful drugs or controlled substances under either federal or state law, or misuse of legal drugs are prohibited and are grounds for Contract termination and referral to Student Conduct and the Department of Public Safety for follow-up.

Fraternity & Sorority Life Handbook

- Risk Management Policies: Alcohol and Drugs
- Required Program Expectations
- Appendix C: FSL Required Programming: Alcohol Awareness Programming

Federal, State and Local Laws Related to Drug and Alcohol Use

Federal Laws

- U.S. Drug-Free Workplace Act of 1988 (41 U.S.C. §8101 et seq.)
- U.S. Safe and Drug-Free Schools and Communities Act
- The Drug-Free Schools and Communities Act Amendments of 1989
- Controlled Substances Act and § 812 Schedules of controlled substances
- Code of Federal Regulations 1308

State Laws

• The California State Drug-Free Workplace Act of 1990

Enforcement/Sanctions

UC Merced enforces policy and applies sanctions consistently.

Human Resources

Employee and Labor Relations (HR-ELR) reported no alcohol related incidents in 2023 or 2024. When an employee is reported to be under the influence, HR-ELR's practice is to request an assessment by university police. HR-ELR then discusses the next steps with the respective supervisor and campus legal

counsel. Employees may be directed to community-based treatment resources and/or the Employee Assistance Program (EAP). Employees found in

Drug/Alcohol Related Incidents	2023	2024
Staff	0	0

violation of policy are subject to corrective action up to and including dismissal.

Vice Provost for Academic Personnel

Vice Provost for Academic Personnel (VPAP) reported no alcohol related incidents in 2023 and one in 2024. Alcohol or drug-related incidents pertaining to faculty or non-senate faculty and other academic appointees may be reported directly or referred to VPAP from another campus office. VPAP may

coordinate or partner with relevant administrators or offices to determine next steps, which may include community-based treatment resources and/or the

Drug/Alcohol Related Incidents	2023	2024
Faculty	0	1

Employee Assistance Program (EAP). Faculty, non-senate faculty, and other academic appointees found in violation of policy are subject to corrective action up to and including dismissal.

Housing and Residence Education (HRE)

The mission of Housing and Residence Education at the University of California, Merced, is to provide clean, safe, student-centered residential communities. We cultivate our living-learning experience to support academic accomplishment, diversity and respect for human dignity and student success.

HRE AOD Goal:

Housing and Residence Life AOD Goal: Reduce the number of cases, provide more educational opportunities for students to learn from, increase staffing to allow for timely adjudication of cases.

HRE Policies & Review:

Housing and Residence Life, reviews campus policies, Housing Handbook, Student Code of Conduct, Clery, and California State laws annually.

HRE Programming/Campus Collaborations:

Housing and Residence Education works with Health Promotions and the Office of Student Rights and Responsibilities to support students. Supportive measures include workshops (used in adjudication): AlcoholEdu and The Community Values & Decision-Making workshops.

Housing and Residence Education Data

	Jan 1-Dec 31, 2023	Jan 1-Dec 31, 2024
Total Sanctions Violations (Liquor Policy Referrals)	32	20
Alcohol Edu Course	1	1
POLICY REVIEW PAPER (archived)	2	0
Contract Termination	0	0
Coronavirus Safety Reflection Paper	0	0
DECISION MAKING REFLECTION	5	7
LETTER OF APOLOGY	0	0
DISCIPLINARY PROBATION	0	0
Other Sanction	5	3
WARNING	19	9
Educational Project	0	3

	Jan 1-Dec 31, 2023	Jan 1-Dec 31, 2024
Total Sanctions Violations (Drug Policy Referrals)	59	39
POLICY REVIEW PAPER (archived)	-	-
ADMINISTRATIVE MOVE	1	0
Coronavirus Safety Reflection Paper	0	0
DECISION MAKING REFLECTION	11	7
DISCIPLINARY PROBATION	1	0
HOUSING EXCLUSION	3	1
LETTER OF APOLOGY	0	0

MEETING	-	0
Other Sanction	0	0
POLICY REVIEW PAPER	1	0
Marijuana Reflection Questions	3	0
READ HOUSING POLICIES	1	0
WARNING	39	10
Fire Safety Paper	0	0
Educational Project	0	2

Office of Student Rights and Responsibilities (OSRR)

The Office of Student Rights and Responsibilities at UC Merced supports student success through services designed to promote integrity, ethical decision making, effective communication, and conflict management in alignment with the Principles of Community. In addition to administering the Code of Student Conduct including the academic integrity process, our services center around student advocacy and agency. We teach students the skills necessary to engage in learning that encourages personal accountability, develops resilience and fosters a community of care.

OSRR Policies & Review:

The Office of Student Rights and Responsibilities, reviews policies, Student Code of Conduct, Clery, and California State laws annually. In the event that a student is charged with both Alcohol and Drug violations in the same case, the case statistics will be included under the Drugs category. Also, as a student can receive multiple sanctions for a single rule violation, the case statistic will be reported under the highest sanction in the resolution package.

OSRR AOD Goal:

Provide information and education about the Code of Conduct with includes policies regarding AOD; offer workshops during Integrity Week, and partner with Health Promotion on educational sanctions for AOD violations.

OSRR Programming/Campus Collaborations:

OSRR collaborates with Health Promotion, Fraternity and Sorority Life (Office of Student Involvement) and Housing and Residence Education to review and implement workshops used in adjudication. The following workshops were offered during this reporting period: Safe Partying, Fatal Vision Goggles, Preparing Know the Code Campaign (with resource referral information for spring 2025), the Good Neighbor, and Community Values & Decision Making.

Office of Student Rights and Responsibilities Data

	Office of Student Rights and Responsibilities Cases by Academic Year											
	Alcohol Cases Totals					Drug Cases Totals						
	2018- 2019	2019- 2020	2020- 2021	2021- 2022	2022- 2023	2023- 2024	2018- 2019	2019- 2020	2020- 2021	2021- 2022	2022- 2023	2023- 2024
	4	4	2	2	1	1	5	1	0	1	1	1
		OSRR A	Alcohol Cas	ses by Sand	tions			OSRR	Drug Case	s by Sanct	ions	
	2018- 2019	2019- 2020	2020- 2021	2021- 2022	2022- 2023	2023- 2024	2018- 2019	2019- 2020	2020- 2021	2021- 2022	2022- 2023	2023- 2024
Warning	3	3	2	1			5	1				
Disciplinary Probation	1	1		1	1		0				1	
Stayed dismissal						1				1		1
Dismissal	0						0					
Decision- Making Workshop & Reflection Paper*	4	4	2	2			5	1		1		
Exclusion from Areas of Campus or Official University Functions						1						
Off Campus Living Plan						1						
Counseling and Psychological Services						1						
Reflection Paper			2	2	1	1				1	1	

^{*}All students found responsible for alcohol and drug violations are referred to a Decision-Making Workshop and complete a reflection assignment. Statistical data for Housing cases are not included in this table.

Office of Student Involvement Fraternity and Sorority Life (FSL)

UC Merced provides a wide range of academic, social and community service activities. Fraternity or sorority membership is a good first step toward enjoying all the benefits college life has to offer. A fraternity/sorority is also a way to make the campus feel more like a home. With over 8% of undergraduate students affiliated, fraternities and sororities collectively constitute one of the largest student groups on campus. Membership is about traditions, learning valuable lessons and establishing life-long friendships.

FSL Policies & Review:

The Office of Student Involvement and Fraternity and Sorority Life, reviews policies, Fraternity and Sorority Life Handbook, and the Student Code of Conduct quarterly.

FSL AOD Goal:

To bring awareness to the FSL community regarding the dangers of AOD, to provide trainings and resources, and the disciplinary sanctions and administrative actions if a report were to be made.

FSL Programming/Campus Collaborations:

Fraternity and Sorority Life works with various departments in Student Affairs to provide resources and educational opportunities that support student success. On-going plan because it is offered at least each semester.

When the Fraternity and Sorority Life Coordinator receives a report of an alcohol or drug violation, it is immediately forwarded to the Office of Students Rights and Responsibility for student follow-up. Disciplinary sanctions and administrative actions may be imposed separately or in combination. Potential sanctions include, but are not limited to:

- Censure or warning
- Exclusion from areas of campus or official university functions
- Disciplinary probation
- Loss of privileges and exclusion from activities
- Restitution
- Special assignments
- Loss of university recognition

Additionally, Fraternity and Sorority Life requires every chapter to complete a program of Alcohol Awareness or Marijuana/Cannabis Usage with the Health Promotion office every academic year. Each chapter is required to have 90% of their active members complete the program.

Some Headquarters/Parent organizations of our fraternities and sororities require additional programming.

- Delta Gamma Alcohol Safety & TIPS training (every 2 years)
- Pi Lambda Phi and Delta Epsilon Mu (Tight Rope Training)

Annual Notification for Distributing Programs and Policies

A campus-wide notification is sent each fall to inform students and employees about drug and alcohol policies and programs that detail potential consequences of the use and abuse of drugs and alcohol on our campus and affiliated properties, as well as prevention and treatment resources.

Education, Intervention, and Prevention Programs

Education

- One course was offered during the previous two academic years that specifically addressed alcohol and
 other drug topics. Alcohol, Drugs, and Behavior (Psychology 123) is a survey of major drugs of abuse, their
 mode of action, and their behavioral effects, both acute and chronic; etiology and maintenance of drug
 abuse and review of prominent strategies for prevention, intervention and treatment.
- Environmental Health and Safety (EHS) provides comprehensive documentation, requirements, and compliance requirements for the acquisition, storage, and research use of controlled substances. In addition, EHS offers eLearning and in-person (by request) courses addressing controlled substance safety procedures. More information is available on the EHS website.

Programs for UC Merced Students

- <u>Party Like a Bobcat Presentation:</u> A 45-minute presentation to increase student knowledge of the risks of toxic drinking and knowledge of safe party behaviors. The goal of this presentation is to increase safe party behaviors among UCM students. **Contact:** Health Promotion & Fraternity and Sorority Life
- <u>Cannabis 101:</u> A 45-minute presentation to increase student knowledge of marijuana use, laws, potency, and effects. The goal of this presentation is to minimize cannabis use and increase safe behaviors of users.
 - Health Promotion works with Fraternity and Sorority Life (FSL) to offer this presentation interchangeably with our Safe Party Presentation for the FSL Alcohol Education requirement. **Contact:** Health Promotion
- <u>Rufus' Party Survival Guide</u>: A social norm campaign targeting 1st year students during their first 6 weeks at UC Merced. The focus of this campaign is on campus norms around alcohol use at UC Merced. Campus norms are pulled from the American College Health Association National College Health Assessment (ACHA-NCHA-II) that is conducted biennially. It also includes safe party tips for students who may choose to drink while at UCM. **Contact:** Health Promotion
- #BobcatPartyPlan: A social media campaign in the weeks leading up to large campus events (Treats N' Beats & Cowtopia). The focus of this campaign is on campus norms and safe party behaviors. Campus norms are pulled from the American College Health Association National College Health Assessment (ACHA-NCHA-II) that is conducted biennially. The goal of this campaign is to decrease high risk drinking around large campus events. The week of the event, Health Promotion tables to increase education related to safe party behaviors. Students who participate are given a promotional item that includes the signs of alcohol poisoning. Contact: Health Promotion
- <u>AlcoholEdu</u>: An online, interactive program that uses evidence-based practices to educate students on the effects of alcohol use. This program engages students by providing individualized feedback for abstainers, light to moderate drinkers, and frequent drinkers, making this a comprehensive prevention program for UC Merced Students. AlcoholEdu is assigned prior to the start of each semester to all incoming undergraduate students, including first-years and transfer students. Contact: Health Promotion
- <u>Spring Break:</u> A week-long social media campaign promoting various health and wellness tips for spring break, including safer party strategies. **Contact:** Health Promotion
- <u>Are You Ready for the Weekend:</u> An ongoing social media campaign that focuses on one safer party strategy leading up to each weekend. **Contact:** Health Promotion
- <u>T-Break:</u> A resource guide that was created by another campus and shared during various appropriate times throughout the year (4/20) that promotes strategies for taking a tolerance break from cannabis. **Contact:** Health Promotion

- <u>FSL New Member Conference:</u> A workshop presented (in-person and virtually) to new FSL members in both fall and spring semesters. The workshop includes tips for both party goers and party throwers. It also includes substance use prevention strategies for coping and stress management. **Contact:** Health Promotion
- <u>Fatal Vision Goggles:</u> A tabling event in which students are encouraged to try different tasks using fatal vision goggles to directly see the impact of substance use impairment. **Contact:** Office of Student Rights and Responsibilities and UC Merced Police Department
- <u>Vape Exchange</u>: Students who utilize vaping products are encouraged to turn-in their vaping materials. In exchange, they receive a gift card and a quit kit to support their quit journey. **Contact**: Health Promotion
- <u>The Community Values & Decision-Making Workshop</u>: A 60-minute, interactive session developed to assist students in personal exploration of their values. The program is designed to have students realize and recognize inconsistencies in what they say they value and what their actions reflect.

The goal of the workshop is to assist students in acquiring skills to make sound decisions that are congruent to their personal values, the UC Merced Principles of Community, and their future goals. It is our hope that students will walk away with an increased understanding of their own morals and values, along with tools that will support students in times where difficult decisions must be made.

There are 2 workshop formats. One is designed for students specifically that have experienced the disciplinary process. The workshop is mandatory for all students who have been assigned. There is also a 45-60-minute- workshop that is designed for clubs, student organizations, and classroom visits. This workshop can be tailored to the needs of your group. **Contact:** Office of Student Rights and Responsibilities

- <u>Fraternity & Sorority Life Training</u>: Students learn about healthy and unhealthy relationships in addition to learning how to set healthy boundaries. **Contact:** CARE Office
- <u>Employee orientations (Students and Staff)</u>: Staff learn about the CARE office and services provided. Student staff learn what it means to be a responsible employee and how to help a friend who may be needing services on campus. **Contact:** CARE Office
- TRUST certificate program on healthy relationships: CARE has created a three-class series to delve into various components of healthy relationships, aiming to equip students with an understanding of what makes a healthy relationship, how to recognize forms of abuse, and the importance of adopting healthy communication styles.

 Contact: CARE Office
- The Good Neighbor Workshop: A 60-minute, interactive session that has been developed to assist students in a personal exploration of their values, appreciation of human differences in others we encounter in our daily lives and recognition of how to correct past behavior in a positive way.

The goal of the workshop is to assist students in acquiring skills to be a better neighbor (be it on campus or off campus). To recognize rights and responsibilities when an incident or dispute occurs between the student and others within a living/residential community. This workshop is open to all interested students and mandatory for those students referred to the workshop as a result of a disciplinary outcome or otherwise assigned.

Contact: Office of Student Rights and Responsibilities

Programs for UC Merced Employees

- The Benefits unit created a dedicated DAAPP webpage with resources and information highlighting drug and
 alcohol abuse prevention. This webpage is inclusive of resources from UC's systemwide health plans, UC
 Merced's Employee Assistance Program through Insight EAP, campus resources, local community resources,
 and national resources. A link to the dedicated with available resources is available here.
- Office of the Ombuds is available for confidential conversations and referral to programs.
- <u>CARE Advocate</u>: Confidential crisis intervention services and emotional support. Safety planning and Title IX
 meetings. Free court accompaniment and support accessing emergency transportation and restraining
 orders.

- <u>UCHR-Systemwide WellBeing Initiative</u>: Stigma Free UC Presents: The Neglected Addict: Understanding Stigma, Students, and Recovery (July 2018) <u>available online here.</u>
- The Insight Employee Assistance Program (EAP) offers employees and their household dependents 3 free private and confidential counseling sessions every six months with a licensed professional to assist with work/life concerns. Insight EAP provides tools and resources for drug and alcohol awareness and screening as well as links to external resources. Because of the nature of EAPs being short term and solution focused, it offers assessment, intervention, consultation and referral services as it pertains to addiction rather than long term treatment. Tools and resources are available at http://www.insighteap.com/.

Environmental Management

- Campus is 100% smoke and tobacco free.
 - There are over 26 no smoking signs posted across campus.
 - o All staff job postings inform potential applicants that we are a smoke and tobacco free workplace.
 - There is a dedicated <u>Smoke and Tobacco Free website</u> which contains prevention and cessation resources.

Notification of Prohibited Items at Events

Communication regarding Student Code of Conduct information related to large scale student events comes from the Office of Student Life, Campus Activities Board (CAB) regarding prohibited items at events. All students attending these events sign an attendance waiver and are informed of the prohibited items including alcohol, drugs, cigarettes, etc. at the time of sign up. Students found in possession of alcohol or drugs, or under the influence of alcohol or drugs are documented and referred to the Office of Student Rights and Responsibilities for adjudication follow-up and connection to campus resources (e.g. Health Promotion, CAPS, etc.).

Alternative Events, offered by Associated Students of the University of California, Merced (ASUCM)
 Campus Activities Board (CAB)

In accordance with UC Merced policy, all of the ASUCM activities and events are alcohol free. In addition, ASUCM CAB leaders receive alcohol and drug abuse education and training from Health Promotion prior to events every academic year. ASUCM CAB reviews the Student code of Conduct, relevant campus policies and California laws on a quarterly basis.

ASCUM CAB's AOD Goal:

To bring awareness to the dangers of AOD and provide resources.

- <u>CABapalooza:</u> Celebrate the beginning of the new academic year with our first event of the year, a free small-scale concert, with performances by various artists and a fun selection of activities!
- <u>CABcinema:</u> Join us once a semester for an outdoor movie night filled with lots of food and enjoyment with fellow Bobcats!
- Bobcats Got Talent: Discover the talents of your fellow peers, as they show off their amazing talents for the title of first place! From singing, comedy, dancing, and much more, you won't want to miss out on watching these exciting performances as you have free food!
- Treats-N-Beats: Take care of yourself during midterm season with our Spooktacular themed concert with a live DJ, performing artist, carnival games, rides, food and much more!

- <u>CABsterical:</u> Join us for a night full of laughter and food, as we host award winning comedians in downtown Merced Theatre! Free transportation to the event will be provided!
- WinterBall: Dance the night away at our themed off campus dance which features a live DJ, desserts and lots of photo opportunities!! Free transportation is provided for all students!
- o <u>Cowtopia:</u> Get excited for a fun night with fellow Bobcats, as you enjoy performances by a live DJ and a famous music artist! Carnival games, henna, food, and much more are free to all students!
- <u>Dance Off:</u> Enjoy food as you watch several dance groups compete through three head-to-head rounds for the Goblet of Cadency trophy!
- <u>CAB Day:</u> A fun-filled day where students get the chance to de-stress through activities and food provided to all! Don't miss this special opportunity to bond with the board that makes all of these events happen!

Treatment/Recovery Resources

UC Merced Students

- The Counseling & Psychological Services (CAPS) office offers a variety of options for students who are in recovery or for those seeking treatment. CAPS also offers referrals for residential and inpatient treatment services, regardless of insurance providers. For more information or to schedule an appointment with CAPS call 209-228-4266.
- <u>Recovery Support Group:</u> A support/skill building group provided by Counseling and Psychological Services.
 This group focuses on providing support and building skills to make changes in behaviors related to alcohol and/or substance use. In 2022, due to low participation, the recovery support group transitioned to a new model in which UC Merced students are invited to participate in virtual meetings offered by UC campuses.
- Additional health resources: Student Health Services: 209-228-2273 (CAT-CARE)
- <u>CARE confidential Advocate:</u> Phone (209) 386-2051 Office: KL 107 Hours: 9am 5pm; Mondays-Fridays Email or TEAMS for general inquiries: <u>CARE.advocate@ucmerced.edu</u>

UC Merced Employees

- Many UC medical plans offer tobacco cessation resources. Copays and program fees may apply. https://ucnet.universityofcalifornia.edu/working-at-uc/livingwell/tobacco-cessation-resources.html
- UC's medical coverage includes behavioral health benefits for mental health services and substance abuse treatment, including alcohol or drug abuse treatment. Coverage is provided by:
 - Health Net Behavioral Health (formerly known as MHN) for employees and retirees enrolled in UC Blue
 Gold HMO. Members may access care from Health Net Behavioral Health in-network providers.
 - o Optum and Kaiser for employees and retirees enrolled in Kaiser.
 - Anthem Blue Cross for employees and retirees enrolled in CORE, UC Care, and UC Health Savings Plan (HSP).
- The <u>Insight Employee Assistance Program</u> is a free and confidential service that provides services to UC Merced faculty and staff. Insight provides a variety of information and resources in the form of articles,

assessments and also links to third party resources such as Alcoholics Anonymous, National Institute of Alcohol Abuse and Alcoholism, National Institute on Drug Abuse. The information and resources offered approach the topic from an educational perspective with regard to the disease state, social/emotional wellbeing, psychological issues and so on. EAP has a host of programs addressing:

Drug Dependency

Drug Abuse Screening Test (DAST 10)

Opioid Use and Abuse

Alcohol Use Disorders Identification Test (AUDIT)

Problem Drinking

o A program called "55 Days to Quitting

Tobacco Cessation

Merced County Resources

Behavioral Health & Recovery Services: 3305 G St., Merced, 209-381-6850

<u>Crisis Intervention – 24 Hour Outpatient Services</u>: (209) 381-6819

Recovery Assistance for Teens (RAFT): 1275 B St., Merced, 209-381-6880

Substance Use Disorder Services (SUD): 888-334-0163 (no charge, 24 hours), TDD toll free: 866-293-1818

The Center / Adult Outpatient Drug Free Treatment: 301 East 13th St., Merced, 209-381-6850

• National Alliance on Mental Illness Merced County: (209) 789-6264 or namimerced2@gmail.com

Additional Resources

The following resources exist to assist people in alcohol and drug treatment and recovery. These services are not endorsed by UC Merced but are available as a community service.

Alcoholics Anonymous: 800-970-9040
 A.A.'s primary purpose is to help alcoholics to achieve sobriety.

Al-Anon Family Groups: Help and hope for families and friends of Alcoholics.
 Meeting Information: 1-888-4AL-ANON (1-888-425-2666)

• College Drinking Prevention – Changing the Culture

One-stop resource for comprehensive research-based information on issues related to underage drinking and binge drinking among college students

Community Social Model Advocates, Inc. 209-357-5261

Provides Substance Use Disorder Services that foster and further the health and healing of individuals, families and communities in California.

The David J. Riordan Hobie House: men's residential treatment program: 209-722-6335

o The Rose Julia Riordan Tranquility Village: women's residential treatment program: 209-357-5200

Families Anonymous: 800-736-9805

For relatives and friends concerned about the use of drugs or related behavioral problems.

FindTreatment.gov: 800-662-HELP (4357)

Marijuana Anonymous: 800-766-6779

Narcotics Anonymous: 209-526-1817

- Stanislaus Valley Groups of Narcotics Anonymous 888-942-9922
- o California Mid-State Region Narcotics Anonymous
- Nar-Anon Family Groups: 800-477-6291

A 12-Step Program for Family & Friends of Addicts

- o Nar-Anon Central Valley: 559-691-4063
- National Alcoholism and Substance Abuse Information Center 1-800-784-6776
 Maintains a national database of alcohol and drug rehab treatment centers in the US.
- National Council on Alcoholism and Drug Dependence Hope line: 800-622-2255 / 800-NCACALL
- <u>National Institute on Alcohol Abuse and Alcoholism (NIAAA)</u>
 NIAAA supports and conducts research on the impact of alcohol use on human health and well-being.
- <u>SmokefreeTXT</u> (for Adults in the US who are ready to quit smoking)
- SmokefreeVET (for military veterans who receive their health care through VA)
- National Drug and Alcohol Treatment Hotline https://www.sumhlc.org/ 1-800-662-HELP (4357)
 Provides referral to local treatment facilities, support groups, and community-based organizations.

Research and Assessment

Evaluation of UC Merced's Drug and Alcohol Abuse Prevention Program (DAAPP)

Program Type	Strengths/Achievements	Challenges/Recommendations
Education and Prevention	 Multiple programs available for students, some are required UC Merced student have access to additional resources including Black Girl Doctor and Life Health 	Create a webpage dedicated to all the education and preventative workshops available to students and staff
Environmental Management	 100% no smoking campus, with signage posted across campus and a dedicated website Clear and consistent messaging around the prohibition of alcohol and other drugs at campus events involving undergraduate students 	Recommend identification of additional opportunities for environmental management
Sanctions	Consistent disciplinary processes established for all groups	Enhance process for collecting data on sanctions
Intervention	Individuals are consistently referred to resources as needed	
Treatment	Individuals are consistently referred to treatment as needed	

Recovery	Individuals are consistently referred to resources as needed	
Research and Assessment	Individual programs are regularly assessed by program owners	Recommend establishment of baseline data on health behaviors for staff/faculty
		Recommend development of consistent data-sharing processes for involved parties
		Ongoing and standardized assessment of student programs
		Incorporate program assessment data sharing into student AOD task force

Alcohol and Other Drugs Data Evaluation Processes

Institutional Data Review

To better understand student health and well-being needs, UC Merced regularly surveys students about their behaviors related to alcohol and other drugs (AOD) use. Biannually, Health Promotion compares data collected from these surveys to national benchmarks and previous years' data to identify trends and gaps. These trends and gaps help inform Health Promotion department goals related to AOD. Health Promotion then identifies evidence-based initiatives that support the department goals and works to implement those programs until the next biannual data review.

Data sources:

- New Student Survey (Annually)
- National Survey of Student Engagement (NSSE) (Biannually)
- <u>UC Undergraduate Experience Survey (UCUES) (Biannually)</u>
- American College Health Association-National College Health Assessment (ACHA-NCHA) (Biannually)
 The survey is conducted in the spring of odd years. Health Promotion compares year over year data and national benchmarks (Healthy Campus objectives) to identify trends, priorities, and department goals.

Health Promotion Program Data Review

To understand the effectiveness of the Health Promotion department's AOD workshops, surveys are distributed to program participants. Data is informally reviewed throughout the academic year to determine if there are any minor adjustments that need to be made to the presentations. At the end of the academic year, a more formal assessment of the survey data is conducted to determine (1) the overall impact of the workshop, (2) if program goals were met, and (3) what changes need to be made to improve the program.

For social media campaigns, participation and program reach is tracked by number of views, likes, saved posts, and shares. At this time, Health Promotion is just collecting the data but is not assessing it. For example, we haven't set participation goals, and we don't have benchmarks to help us determine if our program participation is meeting standards. We also do not have a process in place to assess what students are learning by viewing Health Promotion's AOD social media campaigns.

Data sources:

- <u>AlcoholEdu</u>: Health Promotion is provided with a report during the summer. The report contains data from pre and post-test surveys students are given.
- <u>Safe Party Presentation Survey:</u> Participants who attend the mandatory Fraternity & Sorority Life "Safe Party" presentation are asked to complete a post-survey. At the end of every year, the survey results are reviewed to determine (1) if the learning outcomes were met, (2) what students report learning from the program, and (3) what areas need to be improved.
- <u>Cannabis 101:</u> Participants who attend this workshop are asked to complete a post-survey at the end of the presentation. At the end of each semester, the survey results are reviewed to determine (1) if learning outcomes were met, (2) what students report learning from the presentation, & (3) what can be improved for future presentations.

Recommendations/Goals for the Next Biennium 2025-2026

- Add Biennial report to Risk Services website.
- Enhance information sharing so students, staff, and faculty are aware of available resources.
- Consider options for standardizing and sharing student program assessment data within the AOD task force.
- Share outcomes from workshops and initiatives in the report.
- Based on Jed Foundation strategic plan, consider the following:
 - o Enhance implementation process for the medical amnesty policy for students.
 - Develop a good neighbor policy for students on campus.